Kortschak Center for Learning and Creativity

Zones of Regulation (R)



By identifying which zone you are in, you can improve your ability of selecting an appropriate strategy to enhance self-regulation.

I'm Feeling...

- Sad
- Tired
- Sick
- Bored
- Unmotivated



Blue Zone

Low state of alertness and down feelings

I'm Feeling...

- Stressed
- Anxious
- Excited
- Nervous
- Irritable

My Strategies Are...

Doing things that make

Self-care activities

Work for 10 minutes

Listen to music

me happy

Stretch

Moderate control

Yellow Zone

Heightened states of alertness and elevated emotions



My Strategies Are...

- Exercise
- Sensory strategies
- Meditation
- Doing a low-effort, yet productive task (i.e. make a to-do list, clean, meal prep)



- Focused
- Calm
- Regulated
- Ready to learn

Green Zone

Regulated, focused, improved memory, and better attention

I'm Feeling...

- Panic
- Angry
- Explosive
- Devastated
- Terror
- Out of Control

Red Zone

Extremely heightened states of alertness and intense emotions

My Strategies Are...

- Doing something to calm down
- Step away from the situation
- Deep breathing
- Journal
- Call a friend or family member

